



# March 2024 Fishkill Senior Center 845-831-3371

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Yoga 9-10 BINGO: 9:30am-12:00pm	2
3	4 Zumba Gold: 9-9:45 Card BINGO: 9:30am-11:00am	5 Fitness Club: 8:15-9:15 Yoga 9-10am Chair Yoga: 10:15-11:15 Card Players' Club & Social Hr 9:30am-2:00pm Sign-ups for Spring Fling- Res:9:30AM/Non-12:30PM	6 Tai Chi Exp. Class 10-11am Tai Chi Beginners' Class: 11:15-12:15pm	7 Fitness Club: 8:15-9:15 Card Players' Club & Social Hour: 9:30am-2pm	8 Yoga 9-10 BINGO: 9:30am-12:00pm	9
10	11 Zumba Gold: 9-9:45 Card BINGO: 9:30am-11am	12 Fitness Club: 8:15-9:15 Yoga 9-10am Chair Yoga: 10:15-11:15 Card Players' Club & Social Hr 9:30am-2:00pm	13 Tai Chi Exp. Class 10-11am Tai Chi Beginners' Class: 11:15-12:15pm	14 St. Patrick's Day Party Doors open at 10am  No Exercise or Card Players today	15 Yoga 9-10 BINGO: 9:30am-12:00pm	16
17	18 Zumba Gold: 9-9:45 Card BINGO: 9:30am-11:00am	19 Fitness Club: 8:15-9:15 Yoga 9-10am Chair Yoga: 10:15-11:15 Card Players' Club & Social Hr 9:30am-2:00pm	20 Tai Chi Exp. Class 10-11am Tai Chi Beginners' Class: 11:15-12:15pm Trip to the CIA-10:30am Arrival @ Rec Center	21 Fitness Club: 8:15-9:15 Card Players' Club & Social Hour: 9:30am-2pm Crochet Club-10am	22 Yoga 9-10 Birthday BINGO: 9:30am-12:00pm	23
24	25 Zumba Gold: 9-9:45 Card BINGO: 9:30am-11am	26 Fitness Club: 8:15-9:15 Yoga 9-10am Chair Yoga: 10:15-11:15 Card Players' Club & Social Hr 9:30am-2:00pm	27 Tai Chi Exp. Class 10-11am Tai Chi Beginners' Class: 11:15-12:15pm	28 Fitness Club: 8:15-9:15 Card Players' Club & Social Hour: 9:30am-2pm Book Club-12:30PM	29 No Bingo Good Friday	30/31



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## Email & Text Notifications!

We now have the ability to send notifications out via email AND Text message. Signup to receive updates on programs cancellations and more at [FishkillRecreation.com](http://FishkillRecreation.com) or call 845-831-3371.

## Walking Club



Walking can burn calories, strengthen your heart, lower your blood sugar, and ease joint pain!

- Will resume in the Spring
- Free
- Wear comfortable clothing,

sneakers, and bring a water bottle

**MUST PRE-REGISTER** by calling the Rec Office at 845-831-3371

## Tai Chi Classes



Low Impact Exercise, Improves Balance & Breathing!

- **EXPERIENCED CLASS:** Wednesdays, 10:00-11:00am
- **BEGINNERS' CLASS:** Wednesdays, 11:15-12:15pm
- \$50 for 6 sessions or \$10/class
- Wear comfortable clothing, sneakers, and bring a water bottle.
- **MUST PRE-REGISTER** by contacting Dennis O'Brien:
  - o 845-325-2070
  - o [dennisob628@gmail.com](mailto:dennisob628@gmail.com)

Mahjong, Pinochle, & More!

- Tuesdays & Thursdays, 9:30am-2:00pm
- \$1 Entrance Fee



Light weight, slow movement exercises designed to strengthen muscles and bones!

Tuesdays & Thursdays.  
8:15am-9:15am  
\$1 Entrance Fee

- Wear comfortable gym clothing, sneakers, & bring a water bottle

**Book Club-** Meets once per month to discuss the book that was read. A special "snack" is served and all are encouraged to give their thoughts on what they read. A new book will be picked at each meeting, bring suggestions. Please contact the Rec to sign-up.



BINGO with a deck of cards;

- Mondays, 9:30am-11:00am
- \$1 Entrance Plus 10 Quarters
- Exact Change ONLY



Fridays

\$1 entrance fee plus \$2 per card

- **(Must bring exact change)**
- Doors open @ 9:30am. Last card sold at 9:50am
- Birthday Bash Bingo- \$2/Slice & Free Cake

**CROCHET CLUB 10 AM**



Bring your crochet and socialize with other crotchet club members  
3<sup>rd</sup> Thurs of each month unless otherwise noted.



**FishkillRecreation.com**